

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

The following frequency distributions are based upon surveys with 879 middle school students in North West Region during February of 2009. Frequency distributions may not total 879 due to non-response and percents may not total 100 percent due to rounding.

| | | |
|------------------------------|---------------------|-----------------------|
| <i>Q-1. How old are you?</i> | <u>Count</u> | <u>Percent</u> |
| a. 10 years old or younger | 1 | 0.1% |
| b. 11 years old | 1 | 0.1% |
| c. 12 years old | 161 | 18.4% |
| d. 13 years old | 401 | 45.7% |
| e. 14 years old | 279 | 31.8% |
| f. 15 years old | 30 | 3.4% |
| g. 16 years old or older | 4 | 0.5% |
| Total | 877 | 100.0% |

| | | |
|-------------------------------|---------------------|-----------------------|
| <i>Q-2. What is your sex?</i> | <u>Count</u> | <u>Percent</u> |
| a. Female | 429 | 49.0% |
| b. Male | 447 | 51.0% |
| Total | 876 | 100.0% |

| | | |
|------------------------------------|---------------------|-----------------------|
| <i>Q-3. In what grade are you?</i> | <u>Count</u> | <u>Percent</u> |
| a. 7th grade | 415 | 48.1% |
| b. 8th grade | 448 | 51.9% |
| Total | 863 | 100.0% |

| | | |
|---|---------------------|-----------------------|
| <i>Q-4. Are you Hispanic or Latino?</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 70 | 8.3% |
| b. No | 772 | 91.7% |
| Total | 842 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-5. What is your race?</i> | <u>Count</u> | <u>Percent</u> |
| a. American Indian or Alaskan Native | 104 | 11.8% |
| b. Asian | 32 | 3.6% |
| c. Black or African American | 19 | 2.2% |
| d. Native Hawaiian or Other Pacific Islander | 20 | 2.3% |
| e. White | 749 | 85.2% |
| (More than one response allowed) | Total | 924 |
| | | 105.1% |

| | | |
|---|---------------------|-----------------------|
| <i>Q-6. When you ride a bicycle, how often did you wear a helmet?</i> | <u>Count</u> | <u>Percent</u> |
| a. I do not ride a bicycle | 50 | 5.7% |
| b. Never wear a helmet | 456 | 52.4% |
| c. Rarely wear a helmet | 161 | 18.5% |
| d. Sometimes wear a helmet | 87 | 10.0% |
| e. Most of the time wear a helmet | 69 | 7.9% |
| f. Always wear a helmet | 48 | 5.5% |
| Total | 871 | 100.0% |

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

| | | |
|--|---------------------|-----------------------|
| Q-7. <i>When you rollerblade or ride skateboard, how often did you wear a helmet?</i> | <u>Count</u> | <u>Percent</u> |
| a. I do not rollerblade or ride a skateboard | 368 | 42.3% |
| b. Never wear a helmet | 318 | 36.6% |
| c. Rarely wear a helmet | 69 | 7.9% |
| d. Sometimes wear a helmet | 39 | 4.5% |
| e. Most of the time wear a helmet | 38 | 4.4% |
| f. Always wear a helmet | 38 | 4.4% |
| Total | 870 | 100.0% |
| Q-8. <i>How often do you wear your seat belt when riding in a car?</i> | <u>Count</u> | <u>Percent</u> |
| a. Never | 27 | 3.2% |
| b. Rarely | 46 | 5.4% |
| c. Sometimes | 120 | 14.1% |
| d. Most of the time | 269 | 31.6% |
| e. Always | 389 | 45.7% |
| Total | 851 | 100.0% |
| Q-9. <i>How often do you wear your seat belt when driving a car?</i> | <u>Count</u> | <u>Percent</u> |
| a. I do not drive a car | 641 | 74.0% |
| b. Never | 23 | 2.7% |
| c. Rarely | 18 | 2.1% |
| d. Sometimes | 21 | 2.4% |
| e. Most of the time | 40 | 4.6% |
| f. Always | 123 | 14.2% |
| Total | 866 | 100.0% |
| Q-10. <i>During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 times | 665 | 76.6% |
| b. 1 time | 62 | 7.1% |
| c. 2 or 3 times | 78 | 9.0% |
| d. 4 or 5 times | 17 | 2.0% |
| e. 6 or more times | 46 | 5.3% |
| Total | 868 | 100.0% |
| Q-11. <i>During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 times | 830 | 95.8% |
| b. 1 time | 16 | 1.8% |
| c. 2 or 3 times | 6 | 0.7% |
| d. 4 or 5 times | 3 | 0.3% |
| e. 6 or more times | 11 | 1.3% |
| Total | 866 | 100.0% |
| Q-12. <i>During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 days | 635 | 73.6% |
| b. 1 day | 75 | 8.7% |
| c. 2 or 3 days | 60 | 7.0% |
| d. 4 or 5 days | 23 | 2.7% |
| e. 6 or more days | 70 | 8.1% |
| Total | 863 | 100.0% |

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

| | | |
|---|--------------|----------------|
| Q-13. During the past 30 days, on how many days did you carry a gun? | <u>Count</u> | <u>Percent</u> |
| a. 0 days | 777 | 89.2% |
| b. 1 day | 49 | 5.6% |
| c. 2 or 3 days | 24 | 2.8% |
| d. 4 or 5 days | 8 | 0.9% |
| e. 6 or more days | 13 | 1.5% |
| Total | 871 | 100.0% |
| Q-14. During the past 30 days, did you carry a weapon such as a gun, knife or club on school property? | <u>Count</u> | <u>Percent</u> |
| a. Yes | 74 | 8.5% |
| b. No | 800 | 91.5% |
| Total | 874 | 100.0% |
| Q-15. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school? | <u>Count</u> | <u>Percent</u> |
| a. 0 days | 825 | 94.5% |
| b. 1 day | 31 | 3.6% |
| c. 2 or 3 days | 8 | 0.9% |
| d. 4 or 5 days | 2 | 0.2% |
| e. 6 or more days | 7 | 0.8% |
| Total | 873 | 100.0% |
| Q-16. During the past 12 months, has someone threatened or injured you with a weapon such as a gun, knife, or club on school property? | <u>Count</u> | <u>Percent</u> |
| a. Yes | 56 | 6.4% |
| b. No | 817 | 93.6% |
| Total | 873 | 100.0% |
| Q-17. During the past 12 months, have you ever been in a physical fight? | <u>Count</u> | <u>Percent</u> |
| a. Yes | 334 | 38.6% |
| b. No | 531 | 61.4% |
| Total | 865 | 100.0% |
| Q-18. During the past 12 months, have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse? | <u>Count</u> | <u>Percent</u> |
| a. Yes | 35 | 4.0% |
| b. No | 839 | 96.0% |
| Total | 874 | 100.0% |
| Q-19. During the past 12 months, have you ever been in a physical fight on school property? | <u>Count</u> | <u>Percent</u> |
| a. Yes | 158 | 18.1% |
| b. No | 714 | 81.9% |
| Total | 872 | 100.0% |
| Q-20. During the past 12 months, have you ever been bullied on school property? | <u>Count</u> | <u>Percent</u> |
| a. Yes | 328 | 38.4% |
| b. No | 526 | 61.6% |
| Total | 854 | 100.0% |

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

| | | |
|---|--------------|----------------|
| Q-21. During the past 12 months, have you ever been electronically bullied, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging? | <u>Count</u> | <u>Percent</u> |
| a. Yes | 165 | 18.9% |
| b. No | 708 | 81.1% |
| Total | 873 | 100.0% |
| Q-22. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? | <u>Count</u> | <u>Percent</u> |
| a. Yes | 230 | 26.3% |
| b. No | 646 | 73.7% |
| Total | 876 | 100.0% |
| Q-23. During the past 12 months, did you ever seriously think about killing yourself? | <u>Count</u> | <u>Percent</u> |
| a. Yes | 166 | 19.0% |
| b. No | 706 | 81.0% |
| Total | 872 | 100.0% |
| Q-24. During the past 12 months, did you make a plan about how you would kill yourself? | <u>Count</u> | <u>Percent</u> |
| a. Yes | 101 | 11.5% |
| b. No | 776 | 88.5% |
| Total | 877 | 100.0% |
| Q-25. During the past 12 months, did you ever try to kill yourself? | <u>Count</u> | <u>Percent</u> |
| a. Yes | 67 | 7.7% |
| b. No | 807 | 92.3% |
| Total | 874 | 100.0% |
| Q-26. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse? | <u>Count</u> | <u>Percent</u> |
| a. I did not attempt suicide | 703 | 81.0% |
| b. Yes | 43 | 5.0% |
| c. No | 122 | 14.1% |
| Total | 868 | 100.0% |
| Q-27. Have you ever tried cigarette smoking, even one or two puffs | <u>Count</u> | <u>Percent</u> |
| a. Yes | 258 | 29.9% |
| b. No | 606 | 70.1% |
| Total | 864 | 100.0% |
| Q-28. How old were you when you smoked a whole cigarette for the first time? | <u>Count</u> | <u>Percent</u> |
| a. I have never smoked a whole cigarette | 711 | 81.8% |
| b. 8 years old or younger | 38 | 4.4% |
| c. 9 years old | 11 | 1.3% |
| d. 10 years old | 18 | 2.1% |
| e. 11 years old | 25 | 2.9% |
| f. 12 years old | 34 | 3.9% |
| g. 13 years old or older | 32 | 3.7% |
| Total | 869 | 100.0% |

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

| | | |
|--|---------------------|-----------------------|
| <i>Q-29. During the past 30 days, on how many days did you smoke cigarettes?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 days | 784 | 90.1% |
| b. 1 or 2 days | 33 | 3.8% |
| c. 3 to 5 days | 10 | 1.1% |
| d. 6 to 9 days | 13 | 1.5% |
| e. 10 to 19 days | 14 | 1.6% |
| f. 20 to 29 days | 4 | 0.5% |
| g. All 30 days | 12 | 1.4% |
| Total | 870 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-30. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?</i> | <u>Count</u> | <u>Percent</u> |
| a. I did not smoke cigarettes during the past 30 days | 793 | 90.5% |
| b. Less than 1 cigarette per day | 28 | 3.2% |
| c. 1 cigarette per day | 23 | 2.6% |
| d. 2 to 5 cigarettes per day | 25 | 2.9% |
| e. 6 to 10 cigarettes per day | 0 | 0.0% |
| f. 11 to 20 cigarettes per day | 3 | 0.3% |
| g. More than 20 cigarettes per day | 4 | 0.5% |
| Total | 876 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-31. During the past 30 days, how did you usually get your own cigarettes?</i> | <u>Count</u> | <u>Percent</u> |
| a. I did not smoke cigarettes during the past 30 days | 776 | 89.0% |
| b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station | 10 | 1.1% |
| c. I bought them from a vending machine | 0 | 0.0% |
| d. I gave someone else money to buy them for me | 20 | 2.3% |
| e. I borrowed them from someone else | 19 | 2.2% |
| f. A person 18 years old or older gave them to me | 12 | 1.4% |
| g. I took them from a store or family member | 10 | 1.1% |
| h. I got them some other way | 25 | 2.9% |
| Total | 872 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-32. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 60 | 6.9% |
| b. No | 805 | 93.1% |
| Total | 865 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-33. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garret, Beechnut, Skoal, Skoal Bandits, or Copenhagen?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 days | 819 | 93.7% |
| b. 1 or 2 days | 34 | 3.9% |
| c. 3 to 5 days | 6 | 0.7% |
| d. 6 to 9 days | 5 | 0.6% |
| e. 10 to 19 days | 4 | 0.5% |
| f. 20 to 29 days | 1 | 0.1% |
| g. All 30 days | 5 | 0.6% |
| Total | 874 | 100.0% |

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

| | | |
|--|---------------------|-----------------------|
| <i>Q-34. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 days | 825 | 94.5% |
| b. 1 or 2 days | 33 | 3.8% |
| c. 3 to 5 days | 7 | 0.8% |
| d. 6 to 9 days | 3 | 0.3% |
| e. 10 to 19 days | 2 | 0.2% |
| f. 20 to 29 days | 1 | 0.1% |
| g. All 30 days | 2 | 0.2% |
| Total | 873 | 100.0% |

| | | |
|---|---------------------|-----------------------|
| <i>Q-35. Have you ever had a drink of alcohol, other than a few sips?</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 383 | 44.5% |
| b. No | 478 | 55.5% |
| Total | 861 | 100.0% |

| | | |
|---|---------------------|-----------------------|
| <i>Q-36. How old were you when you had your first drink of alcohol other than a few sips?</i> | <u>Count</u> | <u>Percent</u> |
| a. I have never had a drink of alcohol other than a few sips | 492 | 56.9% |
| b. 8 years old or younger | 72 | 8.3% |
| c. 9 years old | 29 | 3.4% |
| d. 10 years old | 52 | 6.0% |
| e. 11 years old | 52 | 6.0% |
| f. 12 years old | 83 | 9.6% |
| g. 13 years old or older | 84 | 9.7% |
| Total | 864 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-37. During the past 30 days, on how many days did you have at least one drink of alcohol?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 days | 681 | 78.2% |
| b. 1 or 2 days | 110 | 12.6% |
| c. 3 to 5 days | 41 | 4.7% |
| d. 6 to 9 days | 19 | 2.2% |
| e. 10 to 19 days | 8 | 0.9% |
| f. 20 to 29 days | 4 | 0.5% |
| g. All 30 days | 8 | 0.9% |
| Total | 871 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-38. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 days | 753 | 86.9% |
| b. 1 day | 60 | 6.9% |
| c. 2 days | 24 | 2.8% |
| d. 3 to 5 days | 15 | 1.7% |
| e. 6 to 9 days | 6 | 0.7% |
| f. 10 to 19 days | 4 | 0.5% |
| g. 20 or more days | 5 | 0.6% |
| Total | 867 | 100.0% |

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

| | | |
|--|---------------------|-----------------------|
| <i>Q-39. Have you ever used marijuana?</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 152 | 17.5% |
| b. No | 718 | 82.5% |
| Total | 870 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-40. How old were you when you tried marijuana for the first time?</i> | <u>Count</u> | <u>Percent</u> |
| a. I have never tried marijuana | 737 | 84.1% |
| b. 8 years old or younger | 24 | 2.7% |
| c. 9 years old | 6 | 0.7% |
| d. 10 years old | 14 | 1.6% |
| e. 11 years old | 16 | 1.8% |
| f. 12 years old | 32 | 3.7% |
| g. 13 years old or older | 47 | 5.4% |
| Total | 876 | 100.0% |

| | | |
|---|---------------------|-----------------------|
| <i>Q-41. During the past 30 days, how many times did you marijuana?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 times | 787 | 90.5% |
| b. 1 or 2 times | 37 | 4.3% |
| c. 3 to 9 times | 20 | 2.3% |
| d. 10 to 19 times | 10 | 1.1% |
| e. 20 to 39 times | 5 | 0.6% |
| f. 40 or more times | 11 | 1.3% |
| Total | 870 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-42. Have you ever used any form of cocaine, including powder, crack, or freebase?</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 43 | 4.9% |
| b. No | 828 | 95.1% |
| Total | 871 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-43. Have you ever sniffed glue or breathed the contents of spray cans, or inhaled any paints or sprays to get high?</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 128 | 14.6% |
| b. No | 746 | 85.4% |
| Total | 874 | 100.0% |

| | | |
|---|---------------------|-----------------------|
| <i>Q-44. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 times | 819 | 94.6% |
| b. 1 or 2 times | 36 | 4.2% |
| c. 3 to 9 times | 4 | 0.5% |
| d. 10 to 19 times | 4 | 0.5% |
| e. 20 to 39 times | 1 | 0.1% |
| f. 40 or more times | 2 | 0.2% |
| Total | 866 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-45. Have you ever used steroid pills or shots without a doctor's prescription</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 34 | 3.9% |
| b. No | 836 | 96.1% |
| Total | 870 | 100.0% |

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

Q46 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

| | <u>Count</u> | <u>Percent</u> |
|--------------|--------------|----------------|
| a. Yes | 69 | 7.9% |
| b. No | 799 | 92.1% |
| Total | 868 | 100.0% |

Q-47. Have you ever had sexual intercourse?

| | <u>Count</u> | <u>Percent</u> |
|--------------|--------------|----------------|
| a. Yes | 165 | 19.3% |
| b. No | 689 | 80.7% |
| Total | 854 | 100.0% |

Q-48. How old were you when you had sexual intercourse for the first time?

| | <u>Count</u> | <u>Percent</u> |
|--|--------------|----------------|
| a. I have never had sexual intercourse | 694 | 79.9% |
| b. 8 years old or younger | 47 | 5.4% |
| c. 9 years old | 8 | 0.9% |
| d. 10 years old | 9 | 1.0% |
| e. 11years old | 19 | 2.2% |
| f. 12 years old | 29 | 3.3% |
| g. 13 years old or older | 63 | 7.2% |
| Total | 869 | 100.0% |

Q-49. With how many people have you had sexual intercourse?

| | <u>Count</u> | <u>Percent</u> |
|--|--------------|----------------|
| a. I have never had sexual intercourse | 711 | 81.6% |
| b. 1 person | 77 | 8.8% |
| c. 2 people | 27 | 3.1% |
| d. 3 people | 18 | 2.1% |
| e. 4 people | 6 | 0.7% |
| f. 5 people | 4 | 0.5% |
| g. 6 or more people | 28 | 3.2% |
| Total | 871 | 100.0% |

Q-50. During the past 3 months, with how many people did you have sexual intercourse?

| | <u>Count</u> | <u>Percent</u> |
|--|--------------|----------------|
| a. I have never had sexual intercourse | 705 | 81.4% |
| b. I have had sexual intercourse, but not during the past 3 months | 91 | 10.5% |
| c. 1 person | 34 | 3.9% |
| d. 2 people | 14 | 1.6% |
| e. 3 people | 6 | 0.7% |
| f. 4 people | 1 | 0.1% |
| g. 5 people | 4 | 0.5% |
| h. 6 or more people | 11 | 1.3% |
| Total | 866 | 100.0% |

Q-51. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

| | <u>Count</u> | <u>Percent</u> |
|--|--------------|----------------|
| a. I have never had sexual intercourse | 700 | 80.6% |
| b. Yes | 47 | 5.4% |
| c. No | 122 | 14.0% |
| Total | 869 | 100.0% |

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

| | | |
|--|---------------------|-----------------------|
| <i>Q-52. The last time you had sexual intercourse, did you or your partner use a condom?</i> | <u>Count</u> | <u>Percent</u> |
| a. I have never had sexual intercourse | 702 | 81.1% |
| b. Yes | 105 | 12.1% |
| c. No | 59 | 6.8% |
| Total | 866 | 100.0% |

| | | |
|---|---------------------|-----------------------|
| <i>Q-53. How do you describe your weight?</i> | <u>Count</u> | <u>Percent</u> |
| a. Very underweight | 37 | 4.3% |
| b. Slightly underweight | 109 | 12.6% |
| c. About the right weight | 486 | 56.4% |
| d. Slightly overweight | 207 | 24.0% |
| e. Very overweight | 23 | 2.7% |
| Total | 862 | 100.0% |

| | | |
|---|---------------------|-----------------------|
| <i>Q-54. Which of the following are you trying to do about your weight?</i> | <u>Count</u> | <u>Percent</u> |
| a. Lose weight | 354 | 40.8% |
| b. Gain weight | 82 | 9.5% |
| c. Stay the same weight | 197 | 22.7% |
| d. I am not trying to do anything about my weight | 234 | 27.0% |
| Total | 867 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-55. During the past 7 days, on how many days did you eat breakfast?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 days | 89 | 10.3% |
| b. 1 day | 52 | 6.0% |
| c. 2 days | 56 | 6.5% |
| d. 3 days | 65 | 7.5% |
| e. 4 days | 58 | 6.7% |
| f. 5 days | 88 | 10.2% |
| g. 6 days | 71 | 8.2% |
| h. 7 days | 384 | 44.5% |
| Total | 863 | 100.0% |

| | | |
|---|---------------------|-----------------------|
| <i>Q-56. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 493 | 58.1% |
| b. No | 356 | 41.9% |
| Total | 849 | 100.0% |

| | | |
|---|---------------------|-----------------------|
| <i>Q-57. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 286 | 32.9% |
| b. No | 582 | 67.1% |
| Total | 868 | 100.0% |

| | | |
|---|---------------------|-----------------------|
| <i>Q-58. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 77 | 8.8% |
| b. No | 795 | 91.2% |
| Total | 872 | 100.0% |

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

Q-59. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight?
(Do not include meal replacement products such as Slim Fast.)

| | <u>Count</u> | <u>Percent</u> |
|--------------|--------------|----------------|
| a. Yes | 31 | 3.6% |
| b. No | 834 | 96.4% |
| Total | 865 | 100.0% |

Q-60. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

| | <u>Count</u> | <u>Percent</u> |
|--------------|--------------|----------------|
| a. Yes | 35 | 4.0% |
| b. No | 830 | 96.0% |
| Total | 865 | 100.0% |

Q-61. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?

| | <u>Count</u> | <u>Percent</u> |
|--|--------------|----------------|
| a. I did not drink 100% fruit juice during the past 7 days | 196 | 22.5% |
| b. 1 to 3 times during the past 7 days | 326 | 37.4% |
| c. 4 to 6 times during the past 7 days | 151 | 17.3% |
| d. 1 time per day | 50 | 5.7% |
| e. 2 times per day | 72 | 8.3% |
| f. 3 times per day | 20 | 2.3% |
| g. 4 or more times per day | 56 | 6.4% |
| Total | 871 | 100.0% |

Q-62. During the past 7 days, how many times did you eat fruit?

| | <u>Count</u> | <u>Percent</u> |
|---|--------------|----------------|
| a. I did not eat fruit during the past 7 days | 75 | 8.7% |
| b. 1 to 3 times during the past 7 days | 280 | 32.5% |
| c. 4 to 6 times during the past 7 days | 220 | 25.6% |
| d. 1 time per day | 87 | 10.1% |
| e. 2 times per day | 85 | 9.9% |
| f. 3 times per day | 55 | 6.4% |
| g. 4 or more times per day | 59 | 6.9% |
| Total | 861 | 100.0% |

Q-63. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite?

| | <u>Count</u> | <u>Percent</u> |
|---|--------------|----------------|
| a. I did not drink a soda or pop during the past 7 days | 200 | 23.1% |
| b. 1 to 3 times during the past 7 days | 373 | 43.1% |
| c. 4 to 6 times during the past 7 days | 139 | 16.1% |
| d. 1 time per day | 62 | 7.2% |
| e. 2 times per day | 39 | 4.5% |
| f. 3 times per day | 22 | 2.5% |
| g. 4 or more times per day | 30 | 3.5% |
| Total | 865 | 100.0% |

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

| | | |
|--|---------------------|-----------------------|
| <i>Q-64. During the past 7 days, how many glasses of milk did you drink?</i> | <u>Count</u> | <u>Percent</u> |
| a. I did not drink milk during the past 7 days | 90 | 10.4% |
| b. 1 to 3 glasses during the past 7 days | 153 | 17.7% |
| c. 4 to 6 glasses during the past 7 days | 155 | 18.0% |
| d. 1 glass per day | 122 | 14.2% |
| e. 2 glasses per day | 144 | 16.7% |
| f. 3 glasses per day | 105 | 12.2% |
| g. 4 or more glasses per day | 93 | 10.8% |
| Total | 862 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-65. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 days | 55 | 6.5% |
| b. 1 day | 40 | 4.7% |
| c. 2 days | 61 | 7.2% |
| d. 3 days | 83 | 9.7% |
| e. 4 days | 95 | 11.2% |
| f. 5 days | 118 | 13.8% |
| g. 6 days | 76 | 8.9% |
| h. 7 days | 324 | 38.0% |
| Total | 852 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-66. On an average school day, how many hours do you watch TV?</i> | <u>Count</u> | <u>Percent</u> |
| a. I do not watch TV on an average school day | 109 | 12.7% |
| b. Less than 1 hour per day | 199 | 23.2% |
| c. 1 hour per day | 145 | 16.9% |
| d. 2 hours per day | 196 | 22.9% |
| e. 3 hours per day | 117 | 13.7% |
| f. 4 hours per day | 48 | 5.6% |
| g. 5 or more hours per day | 43 | 5.0% |
| Total | 857 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-67. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?</i> | <u>Count</u> | <u>Percent</u> |
| a. I do not play video or computer games or use a computer for something that is not school work | 143 | 16.5% |
| b. Less than 1 hour per day | 260 | 30.0% |
| c. 1 hour per day | 148 | 17.1% |
| d. 2 hours per day | 145 | 16.7% |
| e. 3 hours per day | 73 | 8.4% |
| f. 4 hours per day | 41 | 4.7% |
| g. 5 or more hours per day | 57 | 6.6% |
| Total | 867 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-68. In an average week when you are in school, on how many days do you go to physical education (PE) classes?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 days | 123 | 14.4% |
| b. 1 day | 18 | 2.1% |
| c. 2 days | 132 | 15.5% |
| d. 3 days | 207 | 24.2% |
| e. 4 days | 15 | 1.8% |
| f. 5 days | 359 | 42.0% |
| Total | 854 | 100.0% |

2009 NORTH WEST REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL STUDENT FREQUENCY DISTRIBUTIONS

| | | |
|--|---------------------|-----------------------|
| <i>Q-69. During the past 12 months, on how many sports teams did you play?</i> | <u>Count</u> | <u>Percent</u> |
| a. 0 teams | 271 | 31.7% |
| b. 1 team | 204 | 23.9% |
| c. 2 teams | 158 | 18.5% |
| d. 3 or more teams | 221 | 25.9% |
| <i>Total</i> | 854 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-70. Have you ever been taught about AIDS/HIV infection in school?</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 528 | 61.3% |
| b. No | 163 | 18.9% |
| c. Not sure | 171 | 19.8% |
| <i>Total</i> | 862 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-71. Has a doctor or nurse ever told you that you have asthma?</i> | <u>Count</u> | <u>Percent</u> |
| a. Yes | 128 | 14.9% |
| b. No | 652 | 75.9% |
| c. Not sure | 79 | 9.2% |
| <i>Total</i> | 859 | 100.0% |

| | | |
|--|---------------------|-----------------------|
| <i>Q-72. Do you still have asthma?</i> | <u>Count</u> | <u>Percent</u> |
| a. I have never had asthma | 569 | 67.3% |
| b. Yes | 90 | 10.7% |
| c. No | 101 | 12.0% |
| d. Not sure | 85 | 10.1% |
| <i>Total</i> | 845 | 100.0% |